



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 43539, Babyfood, dessert, banana yogurt, strained**

**Report Date: July 04, 2017 21:32 EDT**

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4.25 oz) 120g
<b>Proximates</b>									
Water	g	80.70	--	--	12.11	91.19	91.19	91.19	96.84
Energy	kcal	78	--	--	12	88	88	88	94
Energy	kJ	328	--	--	49	371	371	371	394
Protein	g	1.10	--	--	0.17	1.24	1.24	1.24	1.32
Total lipid (fat)	g	0.52	--	--	0.08	0.59	0.59	0.59	0.62
Ash	g	0.33	--	--	0.05	0.37	0.37	0.37	0.40
Carbohydrate, by difference	g	17.35	--	--	2.60	19.61	19.61	19.61	20.82
Fiber, total dietary	g	0.5	--	--	0.1	0.6	0.6	0.6	0.6
Sugars, total	g	12.20	--	--	1.83	13.79	13.79	13.79	14.64
<b>Minerals</b>									
Calcium, Ca	mg	30	--	--	4	34	34	34	36
Iron, Fe	mg	0.14	--	--	0.02	0.16	0.16	0.16	0.17
Magnesium, Mg	mg	10	--	--	2	11	11	11	12
Phosphorus, P	mg	28	--	--	4	32	32	32	34
Potassium, K	mg	100	--	--	15	113	113	113	120
Sodium, Na	mg	14	--	--	2	16	16	16	17
Zinc, Zn	mg	0.26	--	--	0.04	0.29	0.29	0.29	0.31
Copper, Cu	mg	0.020	--	--	0.003	0.023	0.023	0.023	0.024
Selenium, Se	µg	0.9	--	--	0.1	1.0	1.0	1.0	1.1
<b>Vitamins</b>									
Vitamin C, total ascorbic acid	mg	13.9	--	--	2.1	15.7	15.7	15.7	16.7
Thiamin	mg	0.010	--	--	0.002	0.011	0.011	0.011	0.012
Riboflavin	mg	0.040	--	--	0.006	0.045	0.045	0.045	0.048

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Niacin	mg	0.190	--	--	0.029	0.215	0.215	0.215	0.228
Vitamin B-6	mg	0.080	--	--	0.012	0.090	0.090	0.090	0.096
Folate, total	µg	7	--	--	1	8	8	8	8
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	7	--	--	1	8	8	8	8
Folate, DFE	µg	7	--	--	1	8	8	8	8
Choline, total	mg	4.7	--	--	0.7	5.3	5.3	5.3	5.6
Vitamin B-12	µg	0.13	--	--	0.02	0.15	0.15	0.15	0.16
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	--	--	0	3	3	3	4
Retinol	µg	3	--	--	0	3	3	3	4
Carotene, beta	µg	4	--	--	1	5	5	5	5
Carotene, alpha	µg	4	--	--	1	5	5	5	5
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	20	--	--	3	23	23	23	24
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	4	--	--	1	5	5	5	5
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.00	0.02	0.02	0.02	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0	0.1	0.1	0.1	0.1
<b>Lipids</b>									
Fatty acids, total saturated	g	0.370	--	--	0.056	0.418	0.418	0.418	0.444
4:0	g	0.120	--	--	0.018	0.136	0.136	0.136	0.144
6:0	g	0.008	--	--	0.001	0.009	0.009	0.009	0.010
8:0	g	0.005	--	--	0.001	0.006	0.006	0.006	0.006
10:0	g	0.010	--	--	0.002	0.011	0.011	0.011	0.012
12:0	g	0.013	--	--	0.002	0.015	0.015	0.015	0.016
14:0	g	0.041	--	--	0.006	0.046	0.046	0.046	0.049
16:0	g	0.134	--	--	0.020	0.151	0.151	0.151	0.161
18:0	g	0.039	--	--	0.006	0.044	0.044	0.044	0.047

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Fatty acids, total monounsaturated	g	0.120	--	--	0.018	0.136	0.136	0.136	0.144
16:1 undifferentiated	g	0.010	--	--	0.002	0.011	0.011	0.011	0.012
18:1 undifferentiated	g	0.093	--	--	0.014	0.105	0.105	0.105	0.112
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--	0.004	0.034	0.034	0.034	0.036
18:2 undifferentiated	g	0.021	--	--	0.003	0.024	0.024	0.024	0.025
18:3 undifferentiated	g	0.010	--	--	0.002	0.011	0.011	0.011	0.012
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	1	--	--	0	1	1	1	1

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0